

April 2022

Carver Council on Aging

What's Inside for April

Smartphone 1-on-1 Instruction

Wednesday, April 6th at 12:00 pm

Members of the Carver High School Senior Class will be offering free half hour smartphone instruction by appointment at the Carver Council on Aging. The Seniors will be paired up with Carver COA Seniors for their personalized instruction.

Register for an appointment at 508-866-4698 x3.



Make Your Own Herb Garden

sponsored by the Friends of Carver COA

Tuesday, April 19th at 10:00 am.

Come play in the dirt! Topics include growing and drying herbs, creating your own herb garden, and herbs for flavorful cooking. Each participant leaves with their choice of seasonally available herb/flower plants and their own personal herb garden!

Please register at 508-866-4698 x3.



Movie Matinee: Singing in the Rain

Friday, April 1st at 12:30 pm

Perfect for April showers, this classic musical comedy is about the turmoil that affected the movie industry in the late 1920s when movies went from silent to sound. It stars Hollywood legends Gene Kelly, Debbie Reynolds and Donald O'Connor.

Register at 508-866-4698 x3.



Take Me Out to the Game Night!

sponsored by the Carver COA

Board of Directors

Tuesday, April 26th at 6:00 pm

A variety of popular games will be open for play throughout the night run by members of the COA Board of Directors. Free refreshments of hot dogs, popcorn, snacks and beverages will be available. Enjoy playing games while watching the Red Sox vs. the Toronto Blue Jays on the Nutrition Center TV! **Please register at 508-866-4698 x3.**



BLOOM BUS TRIP TO NEWPORT PLAYHOUSE - NEW DATE!

"Is All Fair in Love and . . . Murder? This light and funny suspense comedy is about a love triangle between a woman, her lover and her husband set at the Howard Johnson Motor Inn. The big question is, who wants to murder whom? Before the show, enjoy the extensive buffet which includes a large variety of hot and cold foods, main entrees, side dishes, beverages and homemade desserts.

Wednesday, July 13th Depart: 9:45 am / Return: 5:15 pm

COST: (\$115 value) \$75 for COA *Friends Members

\$100 for Non-Members

**Join the Friends of Carver COA for \$10 by April 29th for this special discount!*

Call 508-866-4698 x3 for reservations. Full payment due Monday, June 13th.

COUNCIL ON AGING

Monday - Thursday
9 AM-3 PM

Friday 9 AM-12PM

48 Lakeview St., South Carver
508-866-4698

COA DIRECTOR

Connie Kelly
Monday-Friday
8 AM-4 PM

508-866-4698 x3
connie.kelly@carverma.gov

BOARD OF DIRECTORS

Donna Marie Forand-Chair
Claudia Miller-Vice Chair
Helen Marrone-Secretary
Savery Moore
Elaine Raymond
Stephanie Clougherty Alt.
Paula Hitchcock Alt.

FRIENDS OF THE CARVER COA

Ron Clarke - President
Paul M Kelly -Vice President
Madeline Joyce -Treasurer
Jackie Rogerson - Secretary
Alice McMahon - Board Member

The mission of the Carver Council on Aging is to identify the needs, interests, and concerns of Carver's senior community and in response develop and implement programs and services that address these. The goal of these endeavors is for the senior community to maintain their independent lifestyle with dignity, while enriching their quality of life.

GATRA Dial-A-Ride

Shopping - Appointments (*any weekday*) - Ride to the COA

GATRA operates out of the COA and provides transportation to senior and disabled residents.

PLEASE REMEMBER

Call our dispatcher from 9:00 am - 12:00 pm no later than the day before to schedule a seat on the bus.

Have the address of the location you need transportation to when you schedule a ride.

Call in advance to CANCEL a reservation.

Messages can be left after hours.

DO NOT call the drivers directly!

Please be ready at the scheduled pick up time!

Drivers are ***only able to wait a maximum of 5 minutes after the scheduled pick up time.***

Be considerate of the drivers and the other passengers.

MASKS ARE STILL REQUIRED ON PUBLIC TRANSPORTATION

SHOPPING SCHEDULE

SUPERMARKET RUNS

Wednesdays 12:30 pm Market Basket

Thursdays 9:30 am - 1st & 3rd - Walmart / Wareham
2nd & 4th - Walmart / Plymouth

Fridays 9:30 am Shaw's

GATRA Bus FAQs

What towns does GATRA provide rides to?

Transportation is provided to the towns adjacent to Carver.

What is the fee for riding the GATRA bus?

The fee is **\$1.75** each way. A book of 10 passes can be purchased for **\$15**. *A book of passes makes a great gift for any senior in your life that needs transportation!*

How do I schedule a ride?

Call **508-866-4698 x-1** ***prior to 12 pm the day before.***

IMPORTANT NOTE FOR WHEELCHAIR PASSENGERS:

Wheelchair passengers *must* bring a companion to accompany them on their trips as GATRA drivers are unable to escort passengers beyond their arrival point.

Town Meeting and Election Day Transportation

GATRA Bus service will be available to provide transportation to the Carver Town Meeting on **Tuesday, April 12th at 7:00 pm (and on Thursday, April 14th at 7:00 pm).** ***Please reserve by noon on 4/8***
Pick ups will be scheduled for 6:00 pm.

Transportation on Election Day, Saturday, April 23rd will be available between 8:00 am - 6:00 pm.

Please reserve by noon on 4/19.

LOAN CLOSET (*please call before dropping off items*)

The COA maintains a "loan closet" of canes, walkers, crutches, commodes, wheelchairs, etc., to borrow at no charge. ***Sanitization is the responsibility of the borrower.***

COPIES

The COA will make **FREE** limited copies for seniors. Ask a staff member during our regular hours for assistance.

VETERAN'S SERVICES

Mark Pineo, Carver's Veteran's Agent and Director of Veteran's Services can be reached at **508-866-3406**.

Meet with Mark at the COA monthly every 4th Thursday.

LEGAL ADVICE AT THE COA

Attorney-at-Law Lawrence L. Hale is available for free 15 minute legal advice appointments for seniors on the **second** Thursday of each month, starting at 10:00 am. Call **508-866-4698 x 3** for an appointment.

FREE FINANCIAL CONSULTATIONS \$\$\$\$\$\$\$\$\$\$

Meet with Sandy Childs, Financial Advisor with Edward Jones, for a free half hour session every 4th Tuesday from 1 - 4. Call **508-866-4698 x 3** for an appointment.

FRIENDS OF THE CARVER COUNCIL ON AGING

Annual membership is \$10 which supports COA activities, events, performances and trips!

Checks can be sent to: Friends of Carver COA, P.O. Box 72, Carver, MA 02330.

SENATOR MARC PACHECO

Call **508-822-3000** or **617-722-1551** for an appointment.

STATE REPRESENTATIVE WILLIAMS-GIFFORD

Call **508-295-5999** for an appointment.

WEEKLY WELLNESS CLINICS

Carver EMS provides weekly blood pressure clinics plus **monthly** glucose and cholesterol screenings Tuesdays from 9:30 am - 11:30 am. Drop-in.

FOOTCARE

Call Dr. McLaughlin (podiatrist) at 781-738-3472 or BID Podiatry Clinic, 116 Court St., Plymouth 508-747-1973.

IN-HOME HAIRCUTS

Professional stylist in-home haircuts are available by appointment; \$20 for a cut, \$30 for a cut and blow dry. Call **508-866-4698 x3** to make an appointment.

*Special thanks to Head Cook June Benson for preparing a delicious St. Patrick's Day meal and to the Carver Police Union for the generous donation of corned beef for the luncheon and cupcakes for dessert.
Thank you to Chief Duphily and the members of the Carver Police Department for stepping up to serve the seniors.
Thank you also to the volunteers and to all those who attended the event and supported the COA and the Friends of the Carver COA fundraising drawings!*

GATRA MINI-BUS

Peggy Wood

Dispatcher

Monday – Friday

9 AM-12 PM

508-866-4698 x 1

OUTREACH SERVICE

Heidi Lufkin-Miles

Outreach Facilitator

Monday - Friday

8 AM - 4 PM

508-866-4698 x 2

NUTRITION CENTER

June Benson

Monday -Thursday

8 AM - 3 PM

Friday 8 AM - 12 PM

508-866-4698 x 4

Lunch weekdays at 11:30

WEEKLY ACTIVITIES

CHAIR YOGA

with Mary Wilson of Wild Divinity Yoga
Mondays, April 4th, 11th & 25th.
10:00 am. Suggested \$5 donation.
Register at 508-866-4698 x-3.

OIL PAINTING CLASSES

FREE with Jim Collins. Tues. 1:00 pm.
Call to register at 508-866-4698 x3.

ACRYLIC PAINTING CLASSES

FREE with Jim Collins. Wednesdays
at 5 pm. Register 508-866-4698 x3.

MEXICAN TRAIN DOMINOES GAME

Tuesdays at 12:00 pm. Drop-In.

RUMMIKUB

Wednesdays at 12:00 pm. Drop-In.

BINGO Every Thursday, 12:30 pm
(Arrive by 12:15 pm to buy games)

MONTHLY ACTIVITIES

COFFEE WITH THE CHIEF

Every second Tuesday at 10:30 am
meet Police Chief Marc Duphily to
discuss any concerns. Drop-in.

SINGO - MUSICAL BINGO

with Jim the DJ Guy on the first
Monday of every month - 12:00 pm.

LINE DANCING CLASS

with David & Marcia Burbank
Fridays, April 8th & 29th,
at 1:00 pm. **Cost: \$5**
Please register at 508-866-4698 x3.
Class size is limited



BEREAVEMENT SUPPORT GROUP
Meeting on Friday, April 22th at 10:00
am. Please register at 508-866-4698
x3. (4th Friday monthly)

MEET & GREET WITH HEIDI

Friday, April 1st at 3:00 pm in the
Small Meeting Room of the Carver
Public Library. Meet COA Outreach
Facilitator, Heidi Lufkin-Miles, to
discuss any questions you may have.

iPAD INSTRUCTION w/ Lydia Nelson
Tuesday, April 26th at 10:00 am Bring
your own iPad or reserve one of ours
to try out for the class!
Please register at 508-866-4698 x3.

WHAT'S HAPPENING THIS MONTH

WEEKLY CRAFT CLASSES

Wednesdays at 10:00 am
Please register 508-866-4698 x3.
Supplies may be limited.



Loop Yarn
Spring
Wreath
4/6

Painted
Mini Spring
Ceramics
4/13



Bunny Butt
Flower Pot
4/20

Beaded
Watercolor
Butterfly
4/27



JEWELRY MAKING WITH NANCY

Thursday, April 14th at 3:00 pm.
Create a braided bead bracelet using
delicate wire
strands with
colorful beads
of your choosing. Cost \$10.
Register at
508-866-4698
x3.



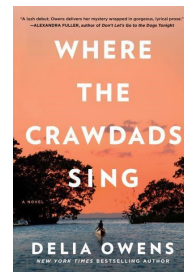
POETRY WORKSHOP

Tuesday, April 19th at 2:00 pm
Bring a favorite poem to share and
discuss! Please register at 508-
866-4698 x3.

BOOK CLUB SELECTION

Where the Crawdads Sing

by Delia Owens
The story of a young
woman who's left to
raise herself in the
marshes of North
Carolina when her
family abandons her at a young age.
There is so much to her story:
romance, mystery, and a murder...
and it takes place in the breathtaking
backdrop of the South. **Please register**
at 508-866-4698 x3. Copies of this
book will be held at the front desk of
the Carver Public Library.
Book Discussion Meeting will be
Monday, April 25th at 1:00 pm.



TOXIN-FREE SPRING CLEANING WITH ESSENTIAL OILS



presented by doTerra
Representative Chris Ventura
Tuesday, April 12th at 10:00 am
Discover the tips and tricks for
using essential oils for "green
cleaning" to eliminate the toxins in
your everyday tasks. **Please**
register at 508-866-4698 x3.

THE HIGHWAYMEN SONGS & STORIES with Mark York

sponsored by the Carver Cultural
Council

Wednesday, April 13th at 1:00 pm
at the Carver Public Library

Longtime New England singer/
songwriter Matt York will perform the
songs of Johnny Cash, Willie Nelson,
Kris Kristofferson and Waylon Jen-
nings and tell stories of their careers.

Get Ready! The Walk MA
Challenge 2022 registration starts
on April 1!

Go to: www.walkmachallenge.com
for more details on how to win
prizes for yourself and for
your COA!

FOOD PANTRY

Shane Gives Thanks - 128 Main St.
Tues./Thurs - 8 - 1
*Wed 1 - 4
Sat/Sun/Mon - Closed
*Wed. is Veteran's Shopping Day
508-866-7673

MEALS ON THE MOVE

The COA provides prepared meals
for homebound elders.
Monday - Friday
Daily Cost: \$3.00
Call the Nutrition Center at
508-866-4698 x 4

SHINE PROGRAM

Health Insurance Counseling
Appointments at the COA are not
available at this time.
Please call the Regional Office at
the Middleboro COA at
1-800-AGE-INFO (1-800-243-4636)



CARVER COUNCIL ON AGING
P.O. BOX 618
SOUTH CARVER, MA 02366

Return Service Requested

Std Lts
U.S. Postage PD
#37
Carver, MA 02330

APRIL 2022

SUN	MON	TUE	WED	THU	FRI	SAT
<p><i>The printing of this newsletter is supported in part by the Executive Office of Elder Affairs. To help reduce the costs of printing and mailing please consider receiving your newsletter by email! Send an email to: COANews@carverma.org. Thank you!</i></p>					<p>1 Lunch 11:30 am Movie Matinee 12:30 pm Heidi Meet & Greet 3:00 pm</p>	2
3	<p>4 AARP Tax Prep 9 - 2:30 Chair Yoga 10:00 am Lunch 11:30 am SINGO! 12:00 pm</p>	<p>5 Wellness Clinic 9:30 -11:30 am Lunch 11:30 am Mexican Train 12:00 Oil Painting 1:00 pm</p>	<p>6 Yarn Wreath 10:00 am Lunch 11:30 am Rummikub 12:00 pm Smartphone Training 12:00 pm Acrylic Painting 5:00</p>	<p>7 Lunch 11:30 am BINGO 12:30 pm</p>	<p>8 Lunch 11:30 am Line Dancing 1:00 pm</p>	9
10	<p>11 AARP Tax Prep 9 - 2:30 Chair Yoga 10:00 am Lunch 11:30 am</p>	<p>12 Wellness Clinic Toxin Free Cleaning 10:00 am Coffee w/ Chief 10:30 Lunch 11:30 am Mexican Train 12:00 Oil Painting 1:00 pm</p>	<p>13 Ceramic Figurines 10:00 am Lunch 11:30 am Rummikub 12:00 pm Mark York at CPL 1:00 Acrylic Painting 5:00</p>	<p>14 Atty. Hale Appts. 10:00 am Lunch 11:30 am BINGO 12:30 pm Jewelry Making 3:00</p>	<p>15 Lunch 11:30 am</p>	16
17	<p>18 CLOSED FOR PATRIOTS DAY</p>	<p>19 Wellness Clinic 9:30 - 11:30 am Lunch 11:30 am Mexican Train 12:00 Poetry Workshop 2:00 pm Oil Painting 1:00 pm</p>	<p>20 Bunny Butt Flower Pot 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00</p>	<p>21 Lunch 11:30 am BINGO 12:30 pm</p>	<p>22 Bereavement 10:00 am Lunch 11:30 am</p>	23
24	<p>25 Chair Yoga 10:00 am Lunch 11:30 am Book Club 1:00 pm</p>	<p>26 Wellness Clinic iPad Class 10:00 am Lunch 11:30 am Mexican Train 12:00 Financial Planning 1-4 Oil Painting 1:00 pm Game Night 6:00 pm</p>	<p>27 Watercolor Beaded Butterfly 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00</p>	<p>28 Veterans Agent Mark Pineo 10:00 - 12:00 Lunch 11:30 am BINGO 12:30 pm</p>	<p>29 Lunch 11:30 am Line Dancing 1:00 pm</p>	30